

A MINUTE OF HEALTH WITH CDC

Get Active for Good Health

Prevalence of Self-Reported Participation in Aerobic and Muscle-Strengthening Physical Activity Among Adults – United States, 2011 Recorded: April 30, 2013; posted: May 2, 2013

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Only one in five Americans is getting enough exercise, partially because communities aren't walkable. Adults need at least two and a half hours of moderate aerobic activity or one hour and 15 minutes of vigorous activity each week. Regular physical activity helps maintain a healthy weight and can prevent some chronic diseases.

You can influence how walkable your community is. Support more sidewalks, bike paths, and walking trails. Work with your PTA so parents and children can walk to school instead of riding in a car or taking the bus. Encourage community leaders to implement physical activity programs for all ages.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.